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PAGE 6

Starts This Thursday!

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Keiffer McLean

Keiffer's lyrics and the simple melodic arrangements that he creates have a depth and meaningfulness that far exceeds his nineteen-year old mind.

SCARTH ST. AT NOON on the Casino Regina Summer Stage

Casino Regina

SHE'S GOT THE WRITE STUFF

Renowned author Margaret Atwood applauds a short presentation at the First Nations University of Canada in Regina on Monday before heading out on a grasslands tour of southwestern Saskatchewan until Thursday. Story, page 2. ALYSSA MCDONALD/METRO

Berlusconi guilty in sex-for-hire trial

Former Italian premier receives seven-year sentence

PAGE 3

Beach-ball body getting you down?

Get off your duff and get buff with this bikini-friendly workout

PAGE 9

This pork dish is smokin'

Fire up the grill for applewood-smoked pork tenderloin, topped with creamy Fontina cheese sauce

PAGE 13

Review urged for privacy legislation

Annual report out. Privacy commissioner says Saskatchewan lags behind much of the West, highlights absence of laws protecting private-sector workers

MARCO VIGLIOTTI
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Saskatchewan's privacy commissioner says the province's legislation for privacy and access to government information is antiquated and falls far behind that of some of its western counterparts and most Canadian jurisdictions.

Speaking to the media Monday after releasing his office's annual report, commissioner Gary Dickson said Alberta and British Columbia have enacted legislation providing their residents with 11 "advantages" that are unavailable in Saskatchewan.

One of the most glaring omissions, according to Dickson, is the absence of language in the province's privacy legislation setting forward penalties for those who fail to protect sensitive information.

"In Saskatchewan, there is no duty to protect information," he said, noting this stipulation is a very common clause in most pieces of privacy legislation.

Dickson said people who contact his office are often "astonished" to learn that the province's privacy legislation does not cover private-sector employees, except for those working in federally regulated fields such as banking and interprovincial transportation.

He added that the province should begin a full review of the longstanding Freedom of Information and Protection of Privacy Act (FOIP).

Seemingly heeding this advice, Justice Minister Gord Wyant told reporters later in the day that his office has begun an internal review. He said Dickson's report is a good starting point for substantive discussions about these issues.

"We have been looking at this legislation, we have been doing a review," Wyant said. "What this report focuses on now is the consolidation of recommendations that can enhance that review."

Despite Dickson's criticisms, Wyant said the annual report shows the province is moving in the right direction.

"In his report he does comment, he says things have come a long way in Saskatchewan over the last nine years," Wyant said. "But certainly there's cause to look at some things. Things change and he's identified some areas where we need to look at."

NEWS

BirdLife Int'l.
Author Atwood touring grasslands

Renowned author and conservationist Margaret Atwood already had her birdwatching binoculars in hand as she left Regina International Airport.

Atwood, along with her husband, author Graeme Gibson, and a group of conservationists from around the world arrived in the Queen City on Monday to prepare for a four-day trek through Saskatchewan's southwestern community pastures to advocate for bird wildlife in the region.

"I've never seen the grasslands — never," Atwood said at her first Saskatchewan stop of the trip, the First Nations University of Canada. "I have seen other areas and lots of things around the world, but I have never seen that."

The group — members of BirdLife International — is hoping to draw attention to the area's vast grasslands and bird populations.

"We are a small group but we connect back to a much larger group, and they are all very interested in the area here," said Atwood, "which is extremely important for grassland and bird conservation, and not very well-known."

Trevor Herriot, co-director of the local advocacy group Public Pastures, Public Interest, is tagging along to highlight the government's recent activities with community pastures. Though the province has said it will lease the public lands and not sell them, Herriot said his organization doesn't "want a single acre of these precious grasslands to be sold."

Atwood will finish her trip with a gala on Thursday night at the Hotel Saskatchewan, before reporting her findings to the media in Regina on Friday morning.

ALYSSA MCDONALD/METRO

City, Sherwood seeking mediation to smooth over development spat

Wascana Village.
Tensions have peaked in recent weeks over annexation plans

ROSS ROMANIUK
ross.romaniuk@metronews.ca

Daniel Schmid, president of Great Prairie Development Corp., says Wascana Village will bring "very healthy" growth outside Regina's boundary. ROSS ROMANIUK/METRO

It's like a stormy municipal marriage, soon to undergo counselling to help both partners grow together.

The city and neighbouring Rural Municipality of Sherwood are slated to begin mediation in an effort to smooth over growth and boundary issues, as planning proceeds for a massive development just southeast of Regina.

"There seems to be this dissension, and there is," Tim Probe, Sherwood's deputy reeve, said on Monday at the RM's offices after his council continued a process to rezone agricultural land at the site of the future Wascana Village.

"But … the RM of Sherwood is totally in favour of working it out with the city. We are starting a mediation session very soon, which we've asked for since last fall. The province has stepped in a bit, and said, 'Get to it now.' So we're looking forward to that."

The Saskatchewan government, Probe said, is "taking a back seat, and watching very closely" as the two sides try to come to terms on snags that worsened in recent weeks when the city announced plans to annex large tracts of Sherwood.

Daniel Schmid, president of Ontario-based Great Prairie Development Corp., described the Wascana Village residential and commercial development as "a very healthy growth community" slated to take shape in Sherwood.

"We call this the village of Wascana," Schmid said. "Not the city of Wascana."

Though the city is eyeing annexation as a way to handle long-range growth to a population of 500,000 from the current 200,000, Probe suggested the projected $2.4-billion Wascana Village is part of "an economic boom" that no one should "shirk at."

Pilot program helps seniors get home care

A pilot program being launched at the Regina Qu'Appelle Health Region aims to get seniors back into their homes as quickly as possible.

The project will free up hospital and long-term-care spaces for patients who are most in need, while allowing seniors to recover in the comfort of their own homes.

"The message and communication we receive from seniors around the province is 'We want to stay in our community,'" said Betty Pickering, president of the Saskatchewan Seniors Mechanism.

Betty Pickering says seniors "want to stay in (their) community." ALYSSA MCDONALD/METRO

"Very clearly, that's the need — we want to stay with our family and we want to stay with our friends."

The pilot, given $2 million in funding in the 2013-14 provincial budget, will assess seniors as soon as they get to the hospital to see if home care is an option rather than being admitted.

A home-care nurse will be stationed at Pasqua Hospital and Regina General Hospital for 12 hours every weekday — expanding from the current eight hours a day, five days a week — to provide these assessments.

Once they do go home, seniors will be given support in the community with an assessment co-ordinator and a team of nurses.

"They will be in their houses longer and that might create spaces for people who really need those long-term-care homes," said Warren Steinley, MLA for Regina Walsh Acres, who was at the announcement on Monday.

The pilot will end in 2015 and then be expanded into other health regions.

ALYSSA MCDONALD/METRO

Effective Aug. 31

Auto insurance rates on the rise

Vehicle insurance rates in Saskatchewan will jump by 1.03 per cent, in addition to a 1.23 per cent surcharge on all rates for the next year, the province said Monday. The new rates take effect on Aug. 31. Saskatchewan Government Insurance had requested the surcharge over the next three years, but a review panel recommended only a one-year term. METRO

‘Cash cards’ offered to Alberta flood victims

Commuter troubles.
Calgary’s LRT tracks suffer damage ‘never seen’ before, official says

JEREMY NOLAIS & ROBSON FLETCHER
Metro in Calgary

Alberta’s premier pledged an extra $1 billion Monday on top of $200 million already budgeted for disaster relief as a preliminary source of funds for flood-affected residents across the province.

“I promise you, on behalf of the Government of Alberta, that we will do everything that it takes to ensure that people can rebuild their homes and rebuild their lives and rebuild their communities,” Alison Redford told reporters in Calgary.

Water began spilling over banks in Alberta on Thursday, affecting nearly 30 communities through the weekend and into Monday. Even as cleanup efforts began, residents in towns such as High River faced uncertainty over when they would be able to return home.

Money for victims will begin flowing to evacuees in about 48 hours in the form of “cash cards” to help people who may have fled their homes without access to banking, Redford said.

She added that the government will provide preloaded debit cards to displaced residents to help with their immediate housing needs and day-to-day purchases.

Those who qualify will receive $1,250 per adult and $500 per child.

Federal Immigration Minister Jason Kenney also said the Conservative government was in contact with the insurance industry about damage sustained in the flooding and the hope is companies would respond in “an appropriate way.”

WITH FILES FROM THE CANADIAN PRESS

A cyclist and road crew survey the washed-out northbound lanes of MacLeod Trail in Calgary on Monday. THE CANADIAN PRESS

Restoring downtown

Major power grid likely out till Tues.

In Calgary focus shifted to restoring the downtown core, but the power grid likely won’t be restored until Tuesday evening, officials said.

Even when work does restart, the city faces the prospects of operating without its south LRT transit line, which sustained damage “never seen” before as water rushed into the city on Friday, said Calgary Transit director Doug Morgan.

Morgan said officials were gunning to reopen the line in time for the start of Calgary Stampede on July 5.

But the lasting effects of damage in smaller communities would be felt much longer, Premier Alison Redford warned.

“When we talk about what’s going to happen, we’re talking about a 10-year plan. And we’re committed to make sure that we take that time to do it right.”

Seven years in prison

Berlusconi convicted in sex-for-hire-trial

A Milan court on Monday convicted former Italian premier Silvio Berlusconi of paying for sex with an underage prostitute during infamous “bunga bunga” parties at his villa and then using his influence to try to cover it up.

Berlusconi, 76, was sentenced to seven years in prison and barred from public office for life — a sentence that could mean the end of his two-decade political career. However, there are two more levels of appeal before the sentence would become final, a process that can take months.

Berlusconi holds no official post in the current Italian government, but remains influential in the uneasy cross-party coalition that emerged after inconclusive February elections.

Both he and the Moroccan woman at the centre of the scandal have denied ever having sex. THE ASSOCIATED PRESS

B.C. mariner gets 4 years in prison

The mariner who was navigating the Queen of the North passenger ferry when it ran aground and sank off the coast of northern British Columbia, killing two passengers, has been sentenced to four years in prison.

Karl Lilgert, 59, was convicted last month of criminal negligence causing the deaths of Gerald Foisy and Shirley Rosette, who vanished when the Queen of the North missed a routine turn and collided with a remote island in March 2006.

Judge Sunni Stromberg-Stein said Lilgert’s relationship with quartermaster Karen Briker — who was the only other crew member on the bridge when the ship struck land — was a significant factor in the crash.

It was their first time working alone together since their relationship ended several weeks earlier, and the intimate details of the affair were laid bare during the trial.

“Clearly, he was distracted by personal issues related to his relationship with Ms. Briker,” Stromberg-Stein said as she read her sentencing decision on Monday in B.C. Supreme Court.

“I do not need to speculate on what Mr. Lilgert was doing on the bridge that night. I know what he was not doing. He was not doing his job.”

Last week, the Crown recommended a six-year prison term, while the defence asked for a conditional sentence with no time in custody. Lilgert’s lawyer has already indicated that he plans to file an appeal of the conviction.

Data recovered from the ship’s navigation system showed the ferry made no turns and took no evasive action as it approached Gil Island, which one expert witness described as a “catastrophic dereliction of duty.”

THE CANADIAN PRESS

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Department stores. HBC said to be interested in buying U.S. retailer Saks

Department store owner Hudson's Bay Co. is looking to expand its presence in the U.S. with the purchase of high-end retailer Saks Inc., says a source close to the potential deal.

Hudson's Bay has been eyeing the beleaguered American department store chain for the past few months, they said.

HBC is "always looking for stuff like this," said the source Monday, who spoke on the condition of anonymity.

"(Chief executive) Richard Baker is always looking to add value and look for growth."

The source said HBC is looking to buy all 41 department stores under the Saks banner, including the iconic location on New York's Fifth Avenue, which opened in 1924. The stores would also likely stay open under the Saks name.

THE CANADIAN PRESS

Rumours about Saks being sold to various buyers have circulated for at least a year, according to Morningstar analyst Paul Swinand. THE ASSOCIATED PRESS FILE

Designer doughnuts

Jason Priestley to help judge Tim Hortons contest

Vancouver-born celebrity Jason Priestley will help Tim Hortons pick the winner of a contest it has launched asking Canadians to design a new doughnut.

The Priestley
TIM HORTONS

The competition offers a $10,000 grand prize to the person who designs its next pastry, using a website and Facebook page dubbed Duelling Donuts.

Priestley had a cameo in an episode of the sitcom How I Met Your Mother last February that played on the idea of a Canada obsessed with Tim Hortons.

The episode featured a faux documentary where Priestley bragged about his role in the creation of a new doughnut called the Priestley. Tim Hortons later made the doughnut by stuffing a chocolate Timbit inside a strawberry-vanilla doughnut. THE CANADIAN PRESS

Toronto

Barrick cuts 100 corporate jobs

Barrick Gold Inc. is laying off about 100 corporate staff, mostly from its Toronto headquarters, as it struggles with falling gold prices and a number of internal challenges. Staff were told last week layoffs were coming. THE CANADIAN PRESS

Market Minute

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TSX 11,836.86 (-158.80)

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KIMYE PUT DAUGHTER ON THE MAP

SHE SAYS

Jessica Napier
metronews.ca

Kim Kardashian and Kanye West shocked the world last week when they rejected Kardashian family tradition and decided not to give their daughter a name starting with the letter K. Instead, the new celebrity parents decided to go in a different direction (pardon the pun) and name their baby girl North West — effectively turning the announcement of their newborn into a bad joke.

The directional name might have sent a collective groan through the Interwebs, but it wasn't all that surprising. Kimye are probably the most narcissistic couple on the planet so it makes sense that they would bestow such an attention-grabbing moniker upon their firstborn. Goodness knows that celebrity-baby BFF Blue Ivy wasn't going to be seen hanging out with any ordinary Ava or Olivia.

But this cutesy combination name sounds more like a brand name than a baby. I can picture it now: Bottles of "North" by North West perfume lining shelves alongside Kardashian Kolors nail polish. Or perhaps she'll launch her own line of stylish toddler apparel emblazoned with compasses pointing toward her namesake.

North West may induce a lot of eye-rolling, but I'm on board with the unusual baby-name trend. My own name happens to be the most popular girl's name from the year I was born and I have often cursed my parents for their lack of originality. I was one of six Jessicas in my grade and constantly mistaken for one of the five Jennifers. The only upside of having such a popular name is that I can always find my nameplate key chain at a souvenir shop. The Jolie-Pitt clan would be so jealous.

Commonplace names can leave kids feeling lost in the crowd; however, children with obscure names are an easy target for ridicule. And while school kids may be cruel, the Twitterverse is even worse. North West already has Twitter parody accounts poking fun at her and she's only 10 days old.

She may be the celebrity joke of the month, but Kim and Kanye's kid could inspire a new trend toward directional baby names. Bizarre names are nothing new in Hollywood and occasionally the less radical ones will trickle down to the mainstream. Brooklyn — a relatively uncommon choice when Victoria and David Beckham selected it for their son in 1999 — was the 23rd most popular girl's name in Canada last year. Although, fruit names such as Apple, Clementine and Peaches haven't exactly soared in popularity.

It's hard to say if cardinal points as names will catch on among the general population, but at least little baby North West will never have any issues with people misspelling her name. Unless Kim actually did decide to uphold the Kardashian family tradition and name her "Knorth" with a silent K.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Thanks for the lift through London

JEFF MOORE

Magician catches a ride on the outside of a bus

British illusionist Dynamo has wowed Londoners by levitating in the air while holding onto the top deck of a 4.57-metre red double-decker bus.

The 30-year-old entertainer — whose real name is Steven Frayne — appeared to use one hand to hold himself in the air. METRO

Q and A

It's 'impossible to explain,' he says

DYNAMO
Real name: Steven Frayne, 30, magician, from Bradford, northern England

Levitating on an iconic London red bus: How did it feel?
It was the best perspective I have ever had of London. I could see all the great landmarks, but at times it was quite scary — the bus had to dodge big branches of trees hanging over the roadside.

How did the public respond on the street? I could imagine a poor old lady getting a big shock ...
(Laughs) No, I don't think so. All I could see were people smiling and waving. I think I'm actually quite popular with the older generation.

Come now, how did you do the trick? It must be a fake arm bolted to the side of the bus ...
No, my arm is really there — and fully intact. And quite frankly it's impossible to explain because it's one of those things where I do what I do and let people come to their own conclusions.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

BRENDA STARR/FLICKR

A talent I'm truly envious of is the ability to entertain a room by simply spinning a fine yarn. It's a talent I don't have and I long ago learned to defer to more gifted storytellers, many of whom can be found anchoring these podcasts:

Risk!

A short storytelling podcast with a rotating cast of yarn-spinners, not unlike The Moth. Except completely unlike The Moth in that it's frequently crude, embarrassing and strangely relatable.

True Story

Taking place on a stage of themed dinner parties, True Story tends to be a little more emotionally raw when compared to the antics of Risk!, but that doesn't mean there isn't room for the occasional tale of underwear-related struggles.

On Taking Pictures

It would be unfair to talk about storytelling without mentioning photography, and hosts Jeffery Saddoris and Bill Wadman's thoughts on the philosophy and science behind exploring the world through a lens can be fascinating stuff, even for pocket photographers.

Comments

Donna posted to metronews.ca

RE: Does Canada Need An Anti-'Revenge Porn' Law? Published online June 24

While it is never OK to post a pic of your ex to a porn site, it would be just so much easier if the pic was never taken! People have to realize that doing something "online" means that you are at the discretion of others, and those others may not be trustworthy.

We shouldn't victim-blame.

The real problem are the people using the personal pics that were sent to them in good faith to act maliciously.

Those are the people that need the lectures ... those are the people that need to be held accountable for their malicious behaviour.

Mandy posted to metronews.ca

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Everyone gets old

Orson Welles was a handsome 20-something. Marlon Brando was a sex symbol. Time wasn't kind to either. But time has been kind to many of our own era's former hot young actors, who've avoided binge eating, heavy smoking and other vices to keep looking young and fit even as they creep up in age.

MATTHEW PRIGGE
Metro World News in New York

Brad Pitt

Age: 49
First blush: A Robert Redford look-a-like, one of his first prominent jobs was acting for Redford in his A River Runs Through It. That was off the heels of his Thelma and Louise breakthrough, in which a 28-year-old Pitt let Geena Davis massage his six pack. That was over two decades ago.
Today: A special effects team didn't have to work too hard to make him look 20ish late in Benjamin Button.

George Clooney

Age: 52
First blush: The nephew of Rosemary Clooney (and son of AMC charmer Nick Clooney), George was a mulleted himbo on Facts of Life and a scene stealer on Roseanne. It wasn't until E.R., at 33, that he became a sex god. By his 40s he had fully embraced the Cary Grant persona.
Today: Cary Grant retired in his early 60s, as he didn't think the world wished to watch him grow old. Clooney doesn't seem like he'll do the same thing.

Will Smith

Age: 44
First blush: He was that nice kid who made nice raps that your parents would like. Indeed, he's the least threatening person to ever record a song about how parents suck.
Today: He's a dad himself. He's by no means old, nor looks it, but he does have a teenager.

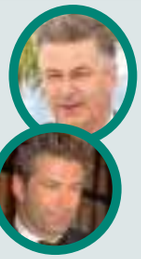
Russell Crowe

Age: 49
First blush: The Aussie didn't completely break through into America until Gladiator at 36. But more adventurous viewers were all about him since he was 26, when he delivered a rollicking performance in 1991's Proof.
Today: Along with Kevin Costner, he's one of Superman's two dads. He's oozed the kind of weary gravitas you get from older, seasoned actors since the start. But now he's really starting to look the part, especially once he started putting on a bit of weight.

Kevin Costner

Age: 58
First blush: At one point, Costner was the biggest star in the world. He got people into multiple films that cracked the three-hour mark, including one fever dream that made up facts to buttress the conspiracy that everybody but Oliver Stone killed Kennedy.
Today: He's Superman's other dad. More important, he's aged into the kind of performer he always wanted to be.

Alec Baldwin



Age: 55
First blush: For more than a decade, Hollywood tried to make the elder Baldwin a slim movie stud. He even got it on in The Getaway with then-wife Kim Basinger, producing scenes too hot for theatrical exhibition.
Today: Like Russell Crowe, he got even better once he put on some weight. In an episode of 30 Rock, Jack Donaghey hands Liz Lemon a photo from his youth. She freaks. He asks for it back. Even older, fatter Alec is into younger, slimmer Alec.

Denzel Washington

Age: 58
First blush: An actor as attractive as he was talented, he was cited in the En Vogue/Salt-n-Pepa song Whatta Man as having the ideal face (though a Schwarzenneger body would have made the package perfect, apparently).
Today: We're just shocked he's nearly 60 years old. Like Pitt, he's got a case of Dick Clarkism.

Michael Douglas

Age: 68
First blush: The son of Hollywood royalty, Douglas was the young co-star of The Streets of San Francisco, but didn't really come into his own until middle age.
Today: Even more shocking than him being nearly 70 is that his dad, Kirk, is still going, at 96. But yes, Michael Douglas is AARP age, and recently did a killer Liberace opposite Matt Damon, who himself is a boyish 42 (playing 18, mind you).

Harrison Ford

Age: 70
First blush: Even before Star Wars, he was a scruffy-looking go-getter, who stole bits of American Graffiti.
Today: He's a first-rate grouch, and as he heads into his 70s he's only going to get grouchier. He was hilariously pissy in Morning Glory and 42, and at some point soon he'll play an old man yelling at kids on his lawn with Clint Eastwood, who right now is 83. But he doesn't look old.

DVD reviews

The Incredible Burt Wonderstone

Director. Don Scardino

Stars. Steve Carell, Steve Buscemi, Jim Carrey

No amount of smoke and mirrors can hide the burst seams, frayed wires and bad-hearted humour of The Incredible Burt Wonderstone. Steve Carell, Jim Carrey, Steve Buscemi, Olivia Wilde and James Gandolfini star in this comedy of one-upping Las Vegas magicians, but they aren't given much that's funny or magical to work with. Directed by Don Scardino (TV's 30 Rock) and scripted by Horrible Bosses writers Jonathan Goldstein and John Francis Daley, the movie goes in more directions than a lost white rabbit. It's part laugher, part drama, part romance, part bromance, part comeuppance, part redemption, part nostalgia trip, part social critique, partly sweet, partly gross ... and a whole lot of nothing that really clicks. Extras include deleted and alternate scenes, a gag reel and making-of featurettes.

PETER HOWELL

No

Director. Pablo Larrain

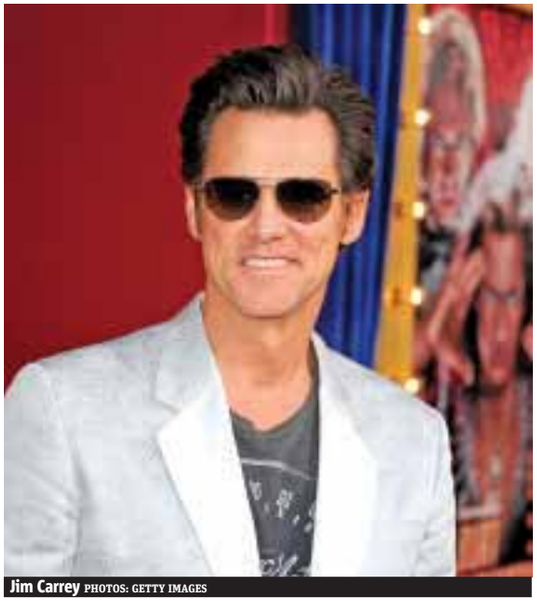
Stars. Gael Garcia Bernal, Alfred Castro

Gael Garcia Bernal plays a Chilean version of Mad Men's advertising ace Don Draper, called upon to sell the "no" side of a national plebiscite that will confirm or topple the dictatorship of General Augusto Pinochet — and the fix for "si" is likely already in. Based on real events of 1988, Pablo Larrain's tightly framed film is a mesmerizing, realistic and often hilarious look at the cynical politics of power and the magic required to sell a negative as a positive. Say yes to No. Extras include a commentary with Gael Garcia Bernal and Larrain.

PETER HOWELL

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Jim Carrey PHOTOS: GETTY IMAGES

Carrey doesn't think his new film is Kick-Ass

Jim Carrey is publicly distancing himself from his upcoming super-violent comic book film, Kick-Ass 2 in light of his recent anti-gun stance. "I did Kick-Ass a month (before) Sandy Hook and now in good conscience I cannot support that level of violence," Carrey posted to Twitter, referencing the Newtown, Conn., elementary school shooting that left 26 dead. "My apologies to others (involved) with the film. I am not ashamed of it, but recent events have caused a change in my heart."

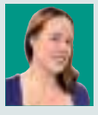
George Lucas and Mellody Hobson

May the force be with these happy newly weds

George Lucas married Mellody Hobson in Marin County, Calif., according to People magazine. The ceremony, which was officiated by Bill Moyers, took place on the Star Wars mogul's Skywalker Ranch. Lucas and Hobson began dating in 2006 and were engaged in January. He was previously married to film editor Marcia Lucas from 1969 to 1983.

The Word

At least Kanye and Kim's daughter has some direction



THE WORD
Dorothy Robinson
scene@metronews.ca

So there is an actual sane reasoning behind Kanye West and Kim Kardashian naming their daughter North West.

A report from TMZ says that Kim and Kanye believe North is "their highest point together as a couple... the pinnacle of the relationship... and they consider her their 'North Star.'"

That is adorable. But didn't they factor West's last name into this decision?

That she is going to sound like a direction for her entire life?

Where is the explanation for that?

Will Smith

Independence Day sequel won't have Will Smith

Nearly 20 years after its blockbuster release, Independence Day is officially getting a sequel — but Will Smith won't be in it, according to the New York Daily News. Director Roland Emmerich says the followup to the 1996 alien invasion hit will make its way to theatres in the summer of 2015 but without the original film's star. "Will Smith cannot come back because he's too expensive, but he'd also be too much of a marquee name," Emmerich says.

Twitter

@Pink
I reply to mean people sometimes because it makes me laugh. I like to show the ridiculousness of it all. All is well. Love is bigger.

@kirstiealley
this reminds me of when I was a cocaine addict but used to call my Dr. before I took certain vitamins

@TheRealNimoy
Alaska. First time here since 1972. Great people. Amazing state.

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† Source Health Care Analytics, 2012. © 2013 P&G

Solving beach-body blahs

Tony Martinez, Britney Spears' trainer, offers five super simple moves to help you fix some common issues

ROMINA MCGUINNESS

I have a tummy roll and back fat

Do side-to-side mountain climbers
Get into it: Start off in plank (elbows and knees on the ground, hands locked together. Straighten your legs and raise your body, using the balls of your feet for support and keeping your legs hip-distance apart). Bring your right knee to your left elbow, go back and immediately switch sides, bringing your left knee to your right elbow. Staying in plank, shuffle to the left and repeat the exercise. Now shuffle to the right and repeat. Do 10 reps, two to three sets, two to three times a week.
Benefits: Crunches work the core, but add an element of cardio to your strength training, to shave off fat.

My thighs touch and get sandy, giving me a rash.

Do side-to side-lunges
Get into it: Stand with your feet parallel and hip-with apart. Lean to the right side, touch your ankle for 1 second and come right back up. Now lean to the left, touch your ankle and come back up. Do 10 reps, two to three sets, two to three times a week. Have no more than a 15-second rest between each set.
Benefits: This move will help shape, tone and tighten the inner and outer thighs as well as the hips and glutes.

My arms jiggle.

Do a one-arm bicep curl followed by a one-arm tricep kickback
Get into it: Grab a resistance band. Stand with your legs hip-width apart. Stand on one end of the band with your right foot and grab the other end with your right hand. Place that hand on your thigh. Lift your left leg off the ground so that you're balancing on the right leg. Turn your right wrist in and curl your hand in toward your right shoulder. Now bend your knee 30 degrees and bring your right arm back, almost like you're swinging a hammer behind you. Bring yourself back to standing. Repeat on the left side. Do 10 reps on each side, two to three sets, two to three times a week
Benefits: This shapes and strengthens the bicep and tricep muscles, making your arms look lean.

I have a flat, saggy bum.

Do bear crawl butt squeezes
Get into it: When we walk, we always go forward. So let's try going backwards. Get yourself in a push up position. Lift the right leg up and, pulse it five times. Now take two steps (or hops) back. Pulse that leg five more times and once again, step or hop back two steps. Do five sets of five pulses (hopping/stepping back between each series of pulses) before switching to the left side. Do 10 reps (five on each leg), three sets, two to three times a week.
Benefits: This will firm and tighten your bum by firing up your glutes.

Smart nutrition

What to eat

If you want to lose a few pounds fast, lower your portion size and include protein. "Protein makes you feel fuller and helps you generate lean muscle mass," explains Martinez.

Man boobs

Do chest presses
Get into it: Grab a resistance band. Fix it under a door. Hold the band with both hands, holding your arms up in a 'W' position. Balancing on your right leg only (you want to stand in a flamingo position), bring your right arm out at a 45-degree angle and then bring it back in. Switch sides. Do 15 reps, two to three sets, two to three times a week
Benefits: No man boobs.

Screen your sun protection options

Select the right sun protector to suit your summer sojourn.

RICHARD PECKETT
life@metronews.ca

The water baby

Are you intending to spend your summer submerged in the sea? Then take heed of the old adage, "Water water everywhere but not a drop to drink." The saying rings true for your hair and skin, too. Salt and chlorine can strip your skin of much-needed moisture, leaving your body feeling parched. The chelator, babassu and tamanu oils in Aveda's Sun Care Hair and Body Cleanser help remove water nasties, while restoring and protecting moisture balance.

AVEDA SUN CARE HAIR AND BODY CLEANSER $21, AVEDA.COM

The adventurer

If you're the kind of chap who likes to feel the burn (muscles not skin) during your summer hols, this product is for you. Unlike conventional SPF creams, which tend to streak away while you sweat, Kiehl's Cross-Terrain Face Protector has a solid beeswax texture designed to sink into skin, to keep wind and sun damage at bay.

KIEHL'S CROSS-TERRAIN FACE PROTECTOR SPF50 $26, KIEHLS.COM

City break

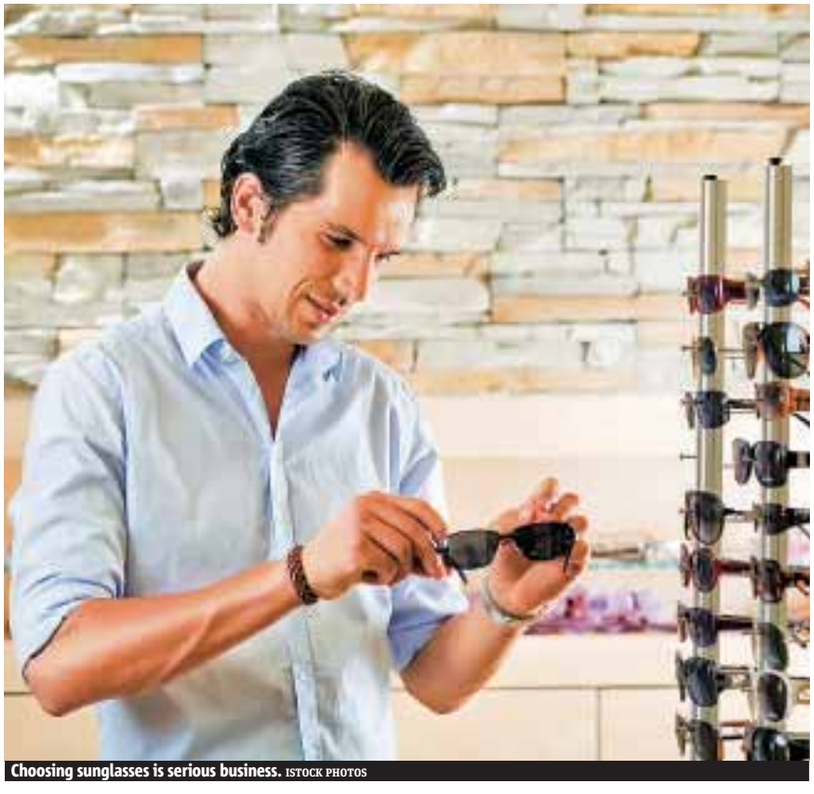
The Anthony Natural Advanced Formula Lip Balm is a matte balm (no girly lip gloss effect, here) with antioxidant properties that nourish lips and stevia, a natural sweetener that freshens your breath — ideal if you're heading to some bustling urban bars.

ANTHONY NATURAL ADVANCED FORMULA LIP BALM SPF 25 $8, ANTHONY.COM

Beach boy

While there can be no greater pleasure than a nice long lie-down in the sun, punctuated with a cooling dip in the sea, it does have its obvious dangers. Shiseido's Ultimate Sun Protection Lotion+ SPF 50 claims to prevent sun spots by shielding the inner cells and DNA. On top of that, it's also water-resistant for 80 minutes, meaning fewer re-applications.

SHISEIDO ULTIMATE SUN PROTECTION LOTION+ SPF 50 $39, SHISEIDO.COM



Choosing sunglasses is serious business. ISTOCK PHOTOS

Don't be shady, wear the right sunglasses

Eye care. It's not just about what looks good — make sure your sun protection is actually protecting you

When it comes to eye health, most damage comes from UV light. During summertime, when we spend more time outside, the risk greatly increases.

"Sunlight literally cooks the retina," says optometrist Dr. Rupe Hansra, LensCrafters' senior director of eye care. "Over time, it becomes yellow and hard, and we begin to lose good vision."

Wearing sunglasses year-round protects the retina from damaging UVA and UVB light and can help delay the onset of cataracts, macular degeneration and even basal cell carcinomas on the eyelids.

Need to know

Getting pupil pointers

- **Report.** A report from the Healing The Eye and Wellness Center in Florida said that sunglasses harm vision by interfering with pupil dilation, which happens naturally to protect the macula. But you shouldn't worry, Dr. Hansra says. "As long as you have sunglasses with UV 400 protection, pupil dilation isn't a concern."

"The most common part of the body for skin cancer is the tip of the nose," Hansra says. "The second is the lower eyelid, which is very delicate and susceptible to sun damage."

So how do you choose a good pair? Here are Hansra's tips.

Just like sunscreen, look for a number

"For eye protection, a label that says UV 400 is what people should look for on sunglasses," he says.

Not sure about your glasses' protection level? Your local optometrist can test the UV prescription.

Size counts

"Typically, bigger is better. Choose large sunglasses that wrap around and block extraneous light coming from the side."

Get 'em polarized

"For driving, everyone should wear polarized sunglasses to cut down glare, which is related to so many accidents. Polarized sunglasses not only save your eyes but could save your life, too." METRO

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Summer allergens can trigger children's allergies or asthma. ISTOCK PHOTOS

Summer paradise, without the allergies, asthma and achoos

Bless you! Kids don't need to be kept inside — just be careful where you bring pollen and dust mites

ALISON BOWEN
Metro World News

They are so small you can't even see them, but beginning later this month, they might be your child's worst enemy.

Allergens like pollen and dust mites get worse during the summer, starting in late June, says Dr. Timothy Mainardi, co-founder of New York's Hudson Allergy. These can trigger children's allergies or asthma.

Ozone helped along by a warm city creates high ozone levels in July and August.

Many city buildings might have a cocktail of allergens, too, he says — including dust or the even-more-unpleasant mice, rats and cockroaches.

"If you look at a (older) building, they've been there longer than you," Mainardi notes.

Kids don't need to be sealed away from outside allergens, either, he says — just be careful not to bring them into bed when you get home.

For example, if a child has been playing in the park all day, don't let them strip off those clothes and lay them on the bed. Keep shoes outside the bedroom, too.

"Those are impregnated with pollen," Mainardi says.

And keep an eye on when ozone is high — for example, the early afternoon is when levels are at their peak.

"When you have high sunlight and high traffic, that's when you have high ozone," he says.

Air conditioners help filter air and keep out humidity, Mainardi advises.

And if nothing else?

"Dunk them in the shower before they go to bed at night," he says. "It's really the super simple things."

Keep them clean

"Dunk them in the shower before they go to bed at night. It's really the super simple things."

Dr. Timothy Mainardi, co-founder of New York's Hudson Allergy, on keeping kids from suffering through allergies and asthma

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Whey Better Protein by: Shannon Kadlovski, BA, CNP

When it comes to choosing a protein powder, not all things are created equal. For athletes, as well as for those simply looking to increase their daily protein intake, it is often recommended to consume a daily protein smoothie. This provides increased energy, muscle repair, appetite control, and nourishment to the body. While it is common to consume protein powders for increased health, not all protein powders contain healthy, nourishing ingredients. In fact, some are actually loaded with added sugar, artificial sweeteners, fillers, GMOs, hormones and antibiotics, as well as other artificial and unhealthy ingredients. So, if your intention is to get healthy or stay healthy, you must make sure that you are choosing the right type of protein powder.

When Choosing a Whey Protein Powder Consider These 4 Tips:

1. Choose New Zealand Whey – It is the cleanest and purest whey available. The New Zealand Dairy industry has incredibly high standards for product safety and the humane treatment of their cows. Their cows are never injected with growth hormones, antibiotics, genetically modified organisms, or any other chemicals.

2. Choose a brand with added enzymes such as protease, lactase and amylase – These enzymes help to make the protein more digestible.

3. Choose one that is cold temperature micro-filtered.This ensures the highest quality and biological value.

4. Choose an all-natural brand, free of artificial flavours and artificial colors.

Absolute Smoothie Recipe

1 cup water or coconut water
1 scoop of Absolute Whey protein powder (or 2 tbsp.)
1 tbsp. chia seeds
½ tsp. matcha green tea powder or ¼ tsp. spirulina powder
¼ cup fresh blueberries
½ banana
¼ tsp. cinnamon
handful of kale
* Toss all of the ingredients into a blender and blend until smooth and creamy

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Play the role of BBQ hero with a Smoked Pork Tenderloin

1. Pre-heat barbecue to high. Place pork on plate, cover with plastic wrap and let sit 20 mins.

2. Meanwhile, drain water from wood chips. Place soaked wood chips on 2-ft (.60 metres) piece of heavy duty foil. Wrap to make packet; with tip of knife, poke 8 holes. Place on rocks in barbecue; close lid and let smoke develop, 15 mins.

3. Brush tenderloins with oil; season with salt, pepper. Lower heat to medium. Grill covered, rotating pork on all 4 sides, until juices run clear when pork is pierced and just a hint of pink remains, about 25 mins or until meat thermometer registers 165 F (74 C). Remove to clean plate, loosely cover with foil; let rest before slicing.

4. Fontina Cheese Sauce: Preheat saucepan to medium-low heat. Add 3 tbsp (45 ml) butter and garlic; sauté 4 mins. or until golden brown. Add wine, 4 basil leaves and bay leaf; increase heat to medium-high and cook until reduced to 1/2 cup (125 ml), about 20 mins.

This recipe serves eight to 10 people. DAIRY FARMERS OF CANADA

5. Stir in cream, honey, mustard, pepper, salt and nutmeg; reduce heat to medium and cook, stirring 15 mins. or until sauce coats the back of a spoon.

6. With wooden spoon, stir in cheese; lower heat to low. Cook stirring until the cheese is melted. Remove from heat and cool for 5 mins. Remove and discard bay leaf. In a blender, purée sauce along with the remaining 1/2 cup (125 ml) of basil, until smooth.

7. Serve sliced smoked pork with the creamy Fontina cheese sauce. CHEF RICHARD JULIEN/ DAIRY FARMERS OF CANADA

Ingredients

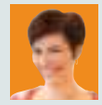
- 2 pork tenderloins, trimmed of any silver skin, about 1 lb (500 grams) each
- 2 cups (500 ml) apple wood smoking chips (soaked in water for at least 1 hr)
- 2 tsp (10 ml) vegetable oil
- kosher salt and pepper

Fontina Cheese Sauce

- 3 tbsp (45 ml) butter
- 6 cloves garlic, minced
- 2 cups (500 ml) white wine
- 4 basil leaves, plus 1/2 cup (125 ml) packed, divided
- 1 bay leaf
- 1 1/2 cups (375 ml) 35% whipping cream
- 2 tbsp (30 ml) liquid honey
- 1 tbsp (15 ml) Dijon mustard
- 2 tsp (10 ml) fresh cracked black peppercorns
- 1 tsp (5 ml) kosher salt
- 1/4 tsp (1 ml) ground nutmeg
- 1 cup (250 ml grated Canadian Fontina, smoked Gouda or Oka cheese

Health Solutions

Sumac: Not just for shade



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

You get a flat tire on your way up to the cottage so you pull over, call for help and sit under a sumac.

Don't just sit there, do something! Ripe red sumac is one of the healthiest wild plants in the country. You are sitting under it for shade, you may as well sample.

Never gather white drupes (the clusters that look a bit grape like). You want the ripe berry red ones.

- Use them to make a drink called "sumac-ade," "Indian lemonade" or "rhus juice." It is a very lemony beverage made by soaking the drupes in cool water, rubbing them to extract the flavour and then straining the liquid through a cotton cloth. Some like to stir in a bit of sugar or honey to sweeten.

- Sprinkle some of the lemony liquid in salads for added ORAC. (The measurement of anti-oxidant power in foods is called Oxygen Radical Absorbency Capacity or ORAC.)

- Dry them in the sun and grind them into a spice as in Middle Eastern cuisine.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Dinner. Creamy 'Tandoori' Style Shrimp

1. In bowl, whisk cream, yogurt, cilantro, mint, garlic, lemon zest and juice, coriander, paprika, cumin, ginger root, tomato paste, cinnamon, pepper and salt. Reserve 1/4 cup (60 ml); cover and refrigerate.

2. Pat shrimp dry with paper towel; add to marinade and toss to coat well. Cover and refrigerate for up to 6 hours.

3. Preheat grill to medium-high heat. Remove shrimp from marinade. Place on greased grill over medium-high heat; close lid and grill, turning once, until pink, 6 minutes. Place in bowl; stir in reserved marinade. Serve garnished with green onions and lime wedges.

CHEF MICHAEL ALLEMEIER/ DAIRY FARMERS OF CANADA

Ingredients

- 1 cup (250 ml) 35% whipping cream
- 1/2 cup (125 ml) plain yogurt
- 1/4 cup (60 ml) each, chopped cilantro and mint
- 2 cloves garlic, minced
- Finely grated zest and juice of 1 lemon
- 2 tbsp (30 ml) each, ground coriander and paprika
- 1 tbsp (15 ml) ground cumin
- 1 tbsp (15 ml) finely chopped ginger root
- 1 tsp (5 ml) tomato paste
- 1/2 tsp (2 ml) each, ground cinnamon, pepper and salt
- 1 lb (500 g) 16 to 20 shrimp, shelled and deveined
- 2 green onions, thinly sliced
- 1 lime, cut into wedges

Rethink classic Surf and Turf

1. To marinate steak, place in nonreactive baking dish. Drizzle lime juice and olive oil over both sides, then season liberally with salt and pepper. Rub seasonings in, then cover and refrigerate.

2. To prepare ceviche, bring saucepan of salted water to a boil. Have bowl of ice water nearby. Add shrimp to boiling water and poach 30 seconds, then use slotted spoon to transfer to ice water. Once shrimp have completely cooled, use the slotted spoon to transfer them to a kitchen towel to dry.

3. Meanwhile, in medium bowl stir lime juice, red onion, garlic, hot pepper, cucumber and corn. Taste, then season with salt and pepper. Add shrimp and salmon, and mix. Cover and refrigerate for 1 hour.

4. After ceviche has chilled for an hour, remove the steak from the refrigerator and let stand at room temperature. Meanwhile, heat the grill to high.

5. Remove ceviche from the refrigerator and stir in the cilantro and avocado. Taste and adjust seasonings.

6. Using oil-soaked paper towel held with tongs, oil grill grates. Season steak with additional pepper, grill 5 mins per side for medium-rare. Transfer steak to cutting board and let rest 5 minutes. Cut steak into thin slices across the grain. Divide sliced steak between serving plates, then spoon ceviche over each serving. THE ASSOCIATED PRESS

Ingredients

For the steak

- 1 1/2 lbs flank steak
- 1/4 cup lime juice
- 1/4 cup olive oil
- Kosher salt and ground black pepper

For the ceviche

- 1/2 lb raw large shrimp, peeled and cleaned
- Juice of 5 limes (about 1/2 cup)
- 1/4 small red onion, diced
- 2 cloves garlic, minced
- 1/2 habanero pepper, seeds and ribs removed, minced
- 1/2 cup finely chopped cucumber
- 1/2 cup thawed frozen corn kernels
- Kosher salt and black pepper
- 1/2 pound salmon, cut into 1/4-inch cubes
- 1/2 cup finely chopped fresh cilantro
- 1 avocado, peeled, pitted and cubed

This Pepper-Lime Flank Steak with Shrimp and Salmon Ceviche recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Da India Curry House

JOIN OUR TEAM!

Da India Curry House is a Family owned restaurant where master chefs have more than 20 years of authentic East Indian cooking experience bringing a beautiful confluence of northern and southern India style of cooking to the heart of the prairies.

Da India Vegetarian (Regina) is hiring 2 full time cooks (Indian Food); and 1 cook (Indian Sweet Maker) experience with dishes like dal makhni, shahi paneer, veg. prantha, cheese tikka, veggie curries, naan, rice, veg. biryani, etc. Cook (sweet maker) experience with dishes like burfi, gulab jamun, rasgulla, besan, jalebi, etc.

Da India Curry House (Regina) is hiring 2 full time cooks (Indian Food); and 1 cook (Indian Sweet Maker) experience with dishes like butter chicken, tandoori chicken, dal makhni, shahi paneer, cheese tikka, naan, rice, biryani, etc. Cook (Sweet maker) experience with dishes like burfi, gulab jamun, rasgulla, besan, jalebi, etc.

- Must have 3 years experience making above noted dishes
- No formal education required
- Salary $14.50/hr; 40 hours a week
- Knowledge of English is required
- Hindi or Punjabi an asset

E-mail resume to **harryaneja@hotmail.com**
806 Vicotria Ave, Regina, SK, Canada S4N DR5

World's eligible elite

There is still hope for those longing for a royal romance, as today's young and eligible aristocracy are mingling with the rest of us
METRO

ALL PHOTOS GETTY

The Designer

Princess Sirivannavari Nariratana of Thailand
Sirivannavari is the 26-year-old granddaughter of the reigning King of Thailand Bhumibol Adulyadej,
Family fortune: $30B
Interest: Badminton. Siri took home a gold medal in the 2006 Southeast Asian Games.
Likely haunt: The Grand Palais — venue for Paris fashion week.

The Party Boy

Prince Azim of Brunei
Azim, 30, loves lavish parties. His 2009 b-day party was dubbed party of the year, with guests including Janet Jackson, Mariah Carey and Sophia Loren.
Family fortune: $5B
Interest: Designing bags. Azim has made unisex bags for luxury leather goods group MCM.
Likely haunt: Stapleford Park country house hotel, England — his party venue.

The Actress

Princess Theodora of Denmark and Greece.
Daughter of deposed Greek King Constantine II and Anne-Marie of Denmark, the 30-year-old is a bubbly blond who's hoping to crack Hollywood.
Family fortune: $15M
Interest: Acting: Theodora also enjoys hanging out with La-la Land's social and cultural elite.
Likely haunt: CBS Studios, L.A — where The Bold and the Beautiful is made.

The Army Man

Prince Harry of Wales
Harry may have once worn a Nazi Youth outfit at a party and he was photographed naked in Las Vegas, but he's a loyal soldier who fought in Afghanistan.
Family fortune: $42.5M
Interest: Polo. Harry loves to show off his talent at charity polo matches.
Likely haunt: Mahiki nightclub in London's swanky Mayfair district.

The Fashion Writer

Elisabeth von Thurn und Taxis
Genteel socialite-cum-fashion blogger Elisabeth of the German Thurn und Taxis House has the princely role of style editor at large at Vogue.
Family fortune: $2.3B
Interest: Writing: And her ancestors are even credited with inventing Europe's postal service.
Likely haunt: The Beatrice Inn – celebrity hangout in Manhattan.

The Businessman

Prince Lorenzo Borghese
The 40-year-old is a shrewd businessman, leading a luxury cosmetics line for pets. He also starred as the featured single man on U.S. dating TV show The Bachelor.
Family fortune: $50M
Interest: Animals. Lorenzo loves to bathe pets with pricey organic products from Italy.
Likely haunt: Royal Pet Club – his company based in Bernardsville, New Jersey.

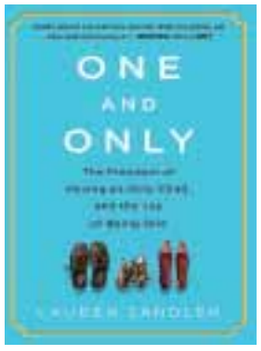
The one and only! No siblings? No problems

Non-fiction. Those stereotypes of only children are totally untrue, says author Lauren Sandler

DOROTHY ROBINSON
Metro World News from New York City

Pity the poor only child. The eldest child is never stereotyped as spoiled; the youngest is never pigeonholed as maladjusted or lonely. Forget giving birth to a small army — it is when you say you are only having one child that eyebrows get raised.

Lauren Sandler is on a mission to change these misconceptions of onlies with her new book, One and Only: The Freedom of Having an Only Child, and the Joy of Being One. Sandler, who is an only child and has an only child herself, found herself being a de facto proponent of stopping after one.



"One day, I got an email from a friend that said, 'I'm pregnant with my second child, and I know how you feel about this.' And I thought, 'I don't know how I feel,'" recalls Sandler, a journalist who writes on cultural politics and women's issues. "Her comment sat with me in a funny way. Then, when I had my child and I was wrestling with what it would mean to not have another, I decided to report it out, like I do for everything."

What Sandler found was "stunning": "Hundreds of studies over decades found that our stereotype of lonely children is totally untrue," she says.

Filled with in-depth reporting (with some wry motherhood observations thrown in), One and Only lays it out there: If you decide to only have one child, you aren't "ruining" that child by deciding not to give him or her a brother or sister. You may just create a happier family life because of it.

Sandler is quick to note that she's not saying that having one is the best choice; only that it is a valid choice, and one that parents don't think they can make without seeming selfish or withholding.

"If most people have their first kid for them, and their second kid for their first kid — which is what polls have consistently told us they do — what would it mean if they didn't feel like they had to?" she asks. "Don't have another kid just because you think you're gonna avoid screwing up your first kid if you do."

Author and only child Lauren Sandler with her one-child family. AP PHOTO/COURTESY OF LAUREN SANDLER

The good news about only children

Research. In 500 studies over the past several decades, examining 16 traits including leadership, maturity, extraversion, social participation, peer popularity, generosity, co-operativeness, flexibility, emotional stability and contentment, only children do just as well as siblings.

Motherhood takes some juggling:

- Each child adds no less than 120 hours of housework a year.
- Women devote about 13 hours a week to childcare, up from about 10.5 hours nearly a half century ago. Meanwhile, the American workweek has increased by 13 hours.
- A single child decreases a mother's employment by about eight hours a week. A second child leads to a further reduction of about 12 hours (to a total of 20).
- Sixty per cent of men say they are struggling with the demands of work and family.

The financial reality:
- A child born in 2011 will cost an average of $235,000 to raise to age 18.

Clear out, clean up and make some money – a very appealing prospect!

Create extra space and make a few bucks with a yard sale. ISTOCK IMAGES

YOUR MONEY
Alison Griffiths
money@metronews.ca

Whether you call it a yard, junk or garage sale, the aim is to pad the pocketbook while creating badly needed space in your home. Summer is a great time to capture all those garage sale lovers, but you have to do it right or you'll spend tons of time with little to show for it.

Here are some tips to ensure your pop-up shop on the curb is a success.

1. Advertise it
Tacking a sign on a nearby telephone pole just won't cut it any more.

Craigslist, Kijiji, Facebook and the local newspapers are all good options. Make sure any signs are legible with a directional arrow. One person posted about her very successful sale and noted she put well-lit pictures on Instagram. This is especially valuable for furniture, which can be a hard sell curbside.

Certain key words draw the weekend bargain shopper such as antique, mid-century, jewelry, high end and collectible. Other desired items include baby things, quality toys and sports equipment.

Avoid long weekends, if you can, as towns and cities often empty out for the duration.

2. Stage it
A dreary layout of old clothes on the lawn and toys scattered along the driveway are hardly a draw. If your offerings look sad, messy and cheap you won't attract flies. Organize by theme so people don't have to pick through all the household stuff when they are looking for sports equipment.

Place desirable and easily seen items, such as furniture or large funky collectibles, closest to the road. And don't ignore colour. Cheerful and bright will appeal. At the very least, shell out for some colourful balloons.

3. Clean it
Items will move quicker if they are clean. People might buy dusty teacups, but dirty clothes and rusty tools are a different matter.

4. Price well
Start with 40 per cent of retail for like-new and 20 to 25 per cent for well-used. Include the original price if you can.

5. Use bait
Include (and advertise) a free pile and if yours seems insignificant let the neighbours know. It'll save them gas money driving to Goodwill. Place the pile, marked by balloons in a visible location.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Laugh in the face of volatility with these tips

Ask any financial advisor and they'll tell you that it's never too early to create a solid financial plan, regardless of whether you're in your 20s, 30s, or even 40s.

The idea is to set the plan in motion. But after the market instability of the last several years, many people remain uneasy. What's the best way to give your money a chance to grow?

The experts from Desjardins Group suggest that while there are risks associated with investing, they are manageable if you know how to overcome potential setbacks.

What's your biggest risk? Volatility
This is caused by market fluctuations. For example, volatility is caused when prices on the market swing high and then low in quick succession.

During these periods, the strong upturns followed by strong downturns sometimes lead to short-term gains or losses in your investments. By talking to a qualified financial advisor, you can identify your risk tolerance and invest in suitable financial products that will grow your capital even in periods of high volatility.

Setting your priorities
Start by being honest with yourself. Are you carrying too much debt? Would you have cash on hand in case of emergency? Having the full picture of your financial situation will put you in a better position to achieve your goals.

Become a super-saver
Get into the habit of forcing yourself to save. While this takes discipline at first, you'll appreciate the effort you put in when an emergency arises like an illness, accident or a job loss. Usually, a good emergency fund is the equivalent of three months' worth of living expenses.

Begin by saving the equivalent of one month's groceries. With each paycheque, put aside one to 10 per cent into a separate account — like a TFSA.

And remember: it's more important that you're saving than the total amount that you're saving each month.

Time's on your side
The impact of volatility on your savings depends on your investment horizon. In other words: the longer you have to invest, the more likely you'll be protected from market shifts, which will allow you to save more.

So it's important to stay on course — no matter what the market is doing. With proper planning, you have reasonable assurance that you can achieve your goals over the target period, despite occasional market downturns.

Diversification
Basically, it's all about making sure that your investments are well balanced to protect yourself against volatility.

With an advisor's help, look into savings products that offer protection against volatility. NEWS CANADA

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BRUSH UP ON DENTAL HEALTH

We make sure to brush our teeth daily — but how about our dogs?

"Dental care is important for dogs — at least 85 per cent of pets experience periodontal (gum) disease," says Dr. Sharon French, a veterinary dentist at the Veterinary Emergency Clinics in Toronto and a Fellow of the Academy of Veterinary Dentistry. "They suffer in silence and, often, we don't realize they are in pain until it becomes a very big problem.

"The classic signs of oral disease are a reluctance to chew hard things, chewing treats or dry food more slowly, bad breath, drooling, a reluctance to yawn, pawing at the mouth and, sometimes, weight loss."

One good way to ensure your dog's mouth stays healthy is daily brushing. Occasional brushing is actually counterproductive because "it smoothes tarter, making it more difficult to remove. And if your dog's mouth is sore, it will make him reluctant to have his teeth brushed," French says.

Also, regular veterinary checkups will ensure that your dog's mouth is healthy. Even if you brush your dog's teeth regularly, your vet may recommend scaling under anaesthesia to properly and effectively clean all the teeth. Like humans, dogs occasionally need professional cleaning for their teeth. Unlike humans, however, it isn't possible to do the job properly without anaesthesia.

"While it may be possible to remove some tartar buildup on the outside surfaces, it isn't possible to effectively clean and polish areas below the gum line or on the inside of the teeth," French says. "And pet owners shouldn't try and scale the teeth themselves. Besides possibly injuring your dog, without polishing, scaling can leave grooves for tartar to build up more quickly."

There are foods, mouthwashes, treats, brushes and toothpaste designed to help keep your dog's teeth clean and gums healthy. Depending on your dog's oral health, general health and personality (i.e., whether it squirms or relaxes when you attempt to brush), your vet can recommend the right products to help you keep your dog's teeth and gums healthy and its breath fresh.

STOCKLITE/VEER

DOGS CAN, AND WILL, EAT ANYTHING AROUND

Most dogs love to eat — but what they eat may sometimes seem a little odd to their human caregivers.

Here is a quick summary of what it means when your dog eats the following:

GRASS

"Especially in spring and summer when the grass is fresh, grass tastes good to dogs," says Dr. Barb Bryer, head of emergency at the Veterinary Emergency Clinics in Toronto. Usually this is pretty safe, unless the grass has recently been sprayed with a chemical like a pesticide.

"Sometimes if the grass doesn't agree with a dog, she'll throw it up. And, sometimes, dogs eat grass when they feel nauseous to promote vomiting."

In summation, if your dog loves grass, that's fine. If its reaction to eating grass it to vomit, that's probably OK. But if it continues, better see your vet.

AVAVA/VEER

GARBAGE

In summer, garbage rots faster and smells particularly strong — this attracts dogs to eat garbage even more. Coffee grounds, onions, garlic, chocolate, plastic and bones are just a few of the harmful things that can make your dog sick.

"Gastroenteritis — diarrhea and vomiting — is a common side-effect of eating garbage," Bryer says. "Also, mould from garbage can have toxins that can cause dogs to have tremors or even seizures."

TABLE SCRAPS

Most dogs love to eat food off your table.

"Dogs like the taste and the variety — but they also see table scraps as treats because of the manner in which we give them," Bryer says.

This can lead to bad habits and it may be unhealthy for your dog, based on its age, weight and health considerations.

WHAT ABOUT PICKY EATERS?

Like humans, some dogs are just finicky when it comes to food. Some dogs are not gobblers, but grazers. If that's the case with your dog, it is nothing to worry about.

However, if your dog suddenly goes off food, this can be a signal of a health or dental issue. See your veterinarian.

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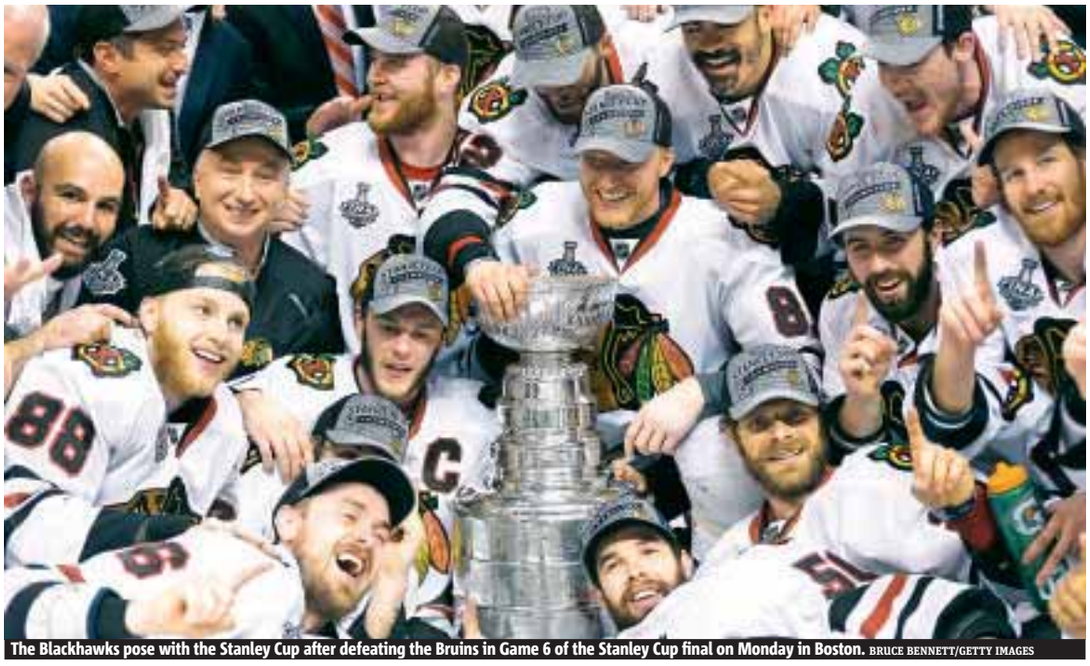


The Blackhawks pose with the Stanley Cup after defeating the Bruins in Game 6 of the Stanley Cup final on Monday in Boston. BRUCE BENNETT/GETTY IMAGES

Blackhawks shock Bruins to clinch cup

NHL. Pair of goals in dying minutes gives Chicago second championship in 4 years

Bryan Bickell and Dave Bolland scored goals 17 seconds apart late in the third period Monday as the Chicago Blackhawks won the Stanley Cup in dramatic fashion with an amazing 3-2 last-minute comeback victory over the Boston Bruins in Game 6.

Milan Lucic's third-period goal had seemed to give the Bruins a 2-1 victory and a new lease on life in the final.

But with Chicago goalie Corey Crawford out for an extra attacker, Bickell scored at 18:44 after the Bruins failed to get the puck out of their zone.

Bolland then put the Blackhawks ahead at 19:01, stunning the Bruins and the previously raucous crowd at TD Garden.

Jonathan Toews, reduced to a spectator in the final minutes of Game 5, added a goal and an assist for Chicago as the Blackhawks clawed their way back into the game. The captain was the first to hoist the cup as his teammates jumped up and down.

Crawford finished with 23 saves in the victory that marked Chicago's fifth championship and second in four years.

"That team in 2010, we didn't really know what we were doing," Toews said. "We played great hockey, and we were kind of oblivious to how good we were playing. This time around we know definitely how much work it takes and how much sacrifice it takes to get back here, and this is an unbelievable group.

"We've been through a lot together this year, and this is a sweet way to finish it off."

Chris Kelly had the other goal for Boston, while Tuukka Rask made 28 saves.

THE CANADIAN PRESS

Game 6

Blackhawks	Bruins
3	2

MLB

Blue Jays' win streak stalls at 11 in Tampa Bay

Three quick homers and strong pitching by the Tampa Bay Rays put an end to Toronto's winning streak.

Jeremy Hellickson allowed one hit in seven shutout innings and rookie Wil Myers homered in his home debut, helping the Rays beat the Blue Jays 4-1 on Monday night to end Toronto's 11-game surge.

"I think that, to go on that streak, we had to believe that we were able to do that," Blue Jays catcher J.P. Arencibia said. "I don't think the belief has changed at all. We had a good run, game over, and come back tomorrow."

Myers hit the second of three straight Tampa Bay homers in the second, connecting in his first at-bat at Tropicana Field.

THE ASSOCIATED PRESS

Going to space

Olympic torch to travel off the map

The Olympic torch has gone underwater at the Great Barrier Reef, flown on the Concorde and even travelled on the back of a camel.

Russia is taking the torch to new heights — space.

As part of a four-month torch relay ahead of the 2014 Winter Games in Sochi, the torch will make its first trip into space using a Soyuz TMA-11M manned spaceship provided by the Russian Federal Space Agency, organizers said Monday.

THE ASSOCIATED PRESS

Chamblin ready for real games to kick off

Corey Chamblin had two reasons to smile Monday.

The first was the completion of training camp and finally being able prepare for a new CFL season. But more importantly for the Saskatchewan Roughriders head coach, his wife Samantha delivered the couple's second son, Keaton Jermaine.

The newest addition showed good timing as he was born at 9:15 a.m. local time and on a day with no practice as Riders players had Monday off.

"We did some game-planning (Sunday) so the coaches finished up the gameplan and practice schedule and things like that without me so it was pretty good," Chamblin said.

Although there was no practice, the Riders were busy Monday preparing for Saturday's season opener in Edmonton. The club finalized its practice roster, placed veteran fullback Neal Hughes, receiver Kierrie Johnson and linebacker Abraham Kromah on the one-game injured list and defensive back Milt Collins (wrist) and receiver Aaron Hargreaves (Achilles) on the nine-game injured list.

Simon serene

"The thing you notice about Geroy is his demeanour. He's a calm person."

Riders head coach Corey Chamblin on veteran slotback Geroy Simon

Saskatchewan begins the season with eight players hurt. Collins and Hargreaves join fullback Graeme Bell, linebacker Mike McCullough and offensive lineman Patrick Neufeld on the nine-game injured list

They'll also be minus defensive lineman Tearrius George. He received a one-game suspension from the CFL for a helmet-to-helmet hit on Calgary quarterback Drew Tate in last year's West semifinal.

Veteran slotback Geroy Simon received treatment Saturday for a leg injury but remains on the active roster. The injury isn't considered serious but Chamblin said he wasn't sure about Simon's status.

"I'll know more (Tuesday)," Chamblin said. THE CANADIAN PRESS

Riders head coach Corey Chamblin
THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
A quick decision on your part could lead to unexpected gains today, so be decisive and don't worry if other people say you are taking too many risks. Maybe you are, but life would be dull without them.

♉ Taurus
April 21 - May 21
Just because something worked well in the past does not mean it will work well in the future. In fact, now would be a good time to update your methods. You can afford to be adventurous today.

♊ Gemini
May 22 - June 21
Do you stick with what you know or do you strike out in a new direction? You have never been one to be cautious and now, more than ever, you are inspired to be different.

♋ Cancer
June 22 - July 23
Cancer is renowned for its caring nature and you will get no end of opportunities to show your concern over the next 24 hours. The world is a better place with you in it!

♌ Leo
July 24 - Aug. 23
If you put your mind to it over the next two or three days, you can accomplish something that does your reputation a power of good. Those who were hoping to see you fail will be severely disappointed.

♍ Virgo
Aug. 24 - Sept. 23
You cannot neglect your responsibilities. There are certain things that need to be done and it is your special duty to do them. In days, everyone will be singing your praises.

♎ Libra
Sept. 24 - Oct. 23
This may be a tough time of year for you but there are numerous reasons you should be feeling confident that everything will work out OK. Jupiter, planet of luck, is about to play a big part in your life.

♏ Scorpio
Oct. 24 - Nov. 22
Why are you taking the long way around when the direct approach would be quicker and more successful? Saturn in your sign strengthens your will to succeed but can make you too cautious. Cut corners today.

♐ Sagittarius
Nov. 23 - Dec. 21
You need to be firm with someone who does not seem to care if they let you down. You may be easygoing by nature but that does not mean you have to let others take you for granted.

♑ Capricorn
Dec. 22 - Jan. 20
A deal may be just what you are after but don't act too eager or you may find that those who have what you want make you pay a premium price for it. There is still plenty of room for negotiation.

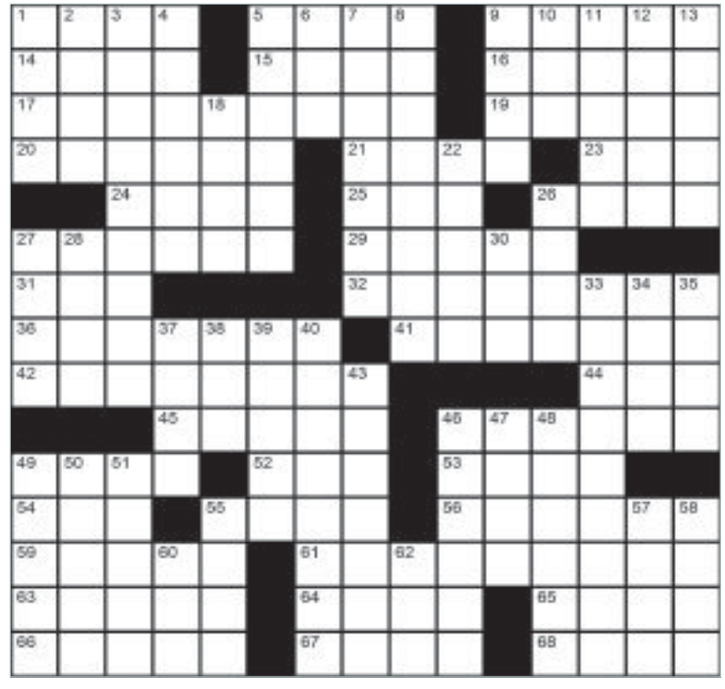
♒ Aquarius
Jan. 21 - Feb. 19
The most important thing today is that you are aware of the consequences of whatever action you choose to take. Once you make your choice it's unlikely you will get a chance to change it, so take your time.

♓ Pisces
Feb. 20 - March 20
Make a point of doing something others would most likely not expect of you. It will remind the world not to take you for granted. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

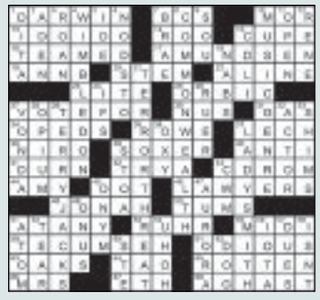
BY KELLY ANN BUCHANAN



Across
1. Quite
5. Be a street performer
9. 'G' of East Coast band GBS
14. Music to a joke-teller's ears
15. Feed the kitty, as in poker
16. Fix came-undone shoelaces
17. Travel plan
19. Radiate
20. Non-meat-eater's burger
21. Follow orders
23. Snug spot
24. "Ohio" by __ Young
25. Curly's pal
26. "Guarding __" (1994) starring Shirley MacLaine
27. Sundae topper
29. Surviving Bee Gees brother
31. Ad __ committee
32. Guitarist in the Michael Jackson concert rehearsal footage in 2009
36. Did better competitively in the pool
41. Mark signifying fault
42. Drug dubbed Milk of Amnesia
44. Mr. Fleischer (White House Press Secretary, once)
45. The 'I' in IV
46. Movie shots
49. Curser's word!
52. "A Nightmare on __ Street" (1984)
53. Tricks
54. Musician/producer Brian
55. Actor's accessory
56. Is a volcano, does this
59. Gulf of St. Lawrence attraction, __ Rock
61. City in East Kootenay in British Columbia
63. Lost-in-the-desert mirage
64. __ State (University from the song at #24-Across)
65. Consequently
66. Care for
67. Late guitarist Mr. Barrett's
68. Celebrity

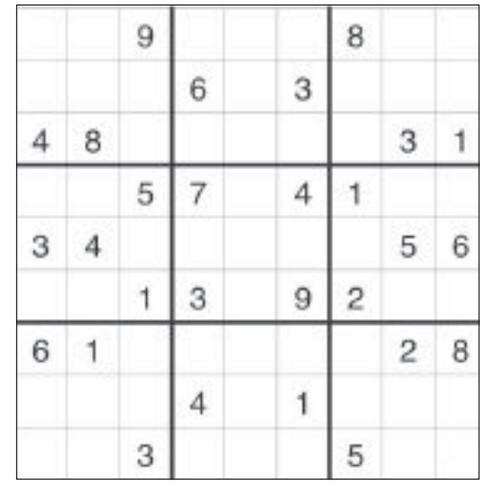
Down
1. Switchblade
2. 'Accent' add-on (Emphasize)
3. __ Bay (Bay of Fundy inlet)
4. Clothes-holding prop
5. Hardly
6. Irish actress Ms. O'Connor
7. Nickname of CBC host George who now also has a show on CNN
8. Computer part
9. Ashen
10. CBC commentator Mr. Murphy
11. Musical piece for Chopin
12. Army assistants
13. "American Bandstand" dancers
18. The Queen's cypher: letter + Roman Numeral + letter
22. Spookily strange
26. Sharon's '80s TV co-star
27. Cut some food
28. 60 minutes
30. Clash
33. __ Canada (Government agency)
34. Give a job to
35. "How sweet __ __!" - Jackie Gleason
37. Washer cycle
38. Was victorious
39. Later on
40. Eloi are the food source of these Time Machine creatures
43. __ Eel
46. Perfumes
47. Albertan country singer Mr. Lund
48. Habituates, variantly
49. Bus station
50. Lend __ (Listen): 2 wds.
51. __ Code
55. Nuisance
57. Ancient outfit
58. Hershey's chocolate/toffee bar
60. Spy letters
62. Et: English

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

6	4	7	5	2	8	9	3	1
9	1	2	6	3	4	7	8	5
8	3	5	7	1	9	2	6	4
4	9	1	3	7	6	5	2	8
7	2	6	1	8	5	3	4	9
3	5	8	4	9	2	1	7	6
2	6	9	8	5	7	4	1	3
1	7	4	9	6	3	8	5	2
5	8	3	2	4	1	6	9	7

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